#### **COVID-19 Vaccines**

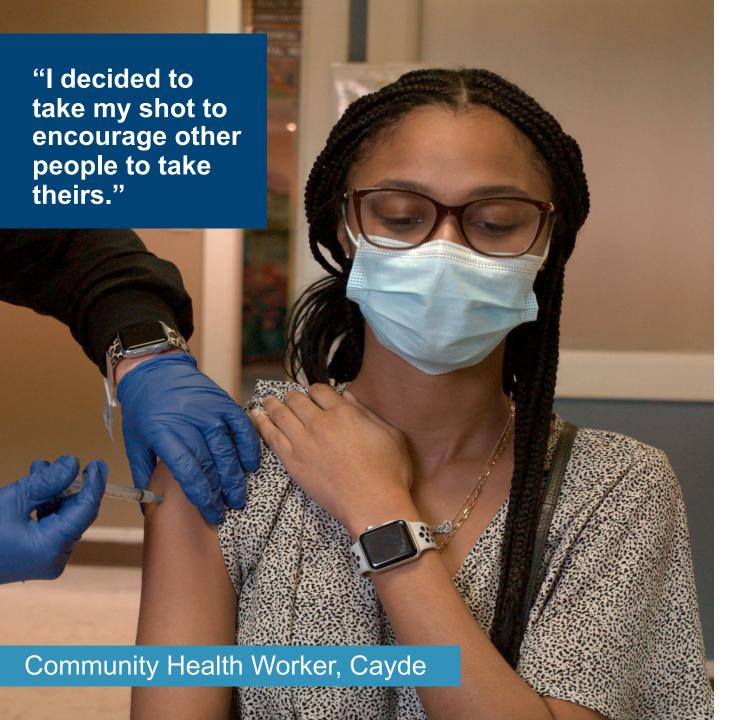
#### Take your best shot against COVID-19.

Last Updated April 15th, 2021









Everyone 16+ is eligible for a COVID-19 vaccine.

It's free to everyone.

Here's what you need to know about getting vaccinated.

#### Tested, safe, and effective COVID-19 vaccines will help us get back in control of our lives and back to the people and places we love.

- Scientists had a head start, and thousands of volunteers helped with clinical trials.
- All of the vaccines are tested, safe and effective and preventing COVID-19, hospitalization and death.
- You cannot get COVID-19 from the vaccine.
- The vaccines are free to all regardless of your insurance or immigration status.
- After you are fully vaccinated, you can get back to activities like gathering with other vaccinated friends and family without masks.
- You have a spot to take your shot.

#### Steps to taking your best shot against COVID-19.

Scheduling an appointment

2 What to expect on vaccination day

3 After you are vaccinated





#### **COVID-19 Vaccine Information**

Find a local vaccine provider

COVID-19 vaccines are safe and effective. Learn more

Vaccine Help Center: 888-675-4567

Version en Español

YOU HAVE A SPOT. SHOT.

TAKE YOUR



#### YourSpotYourShot.nc.gov

#### **Finding Your Spot**

#### To find a vaccine location near you:

Call the COVID-19 Vaccine Help Center

1-888-675-4567
Monday-Friday (7am-7pm)
Saturday-Sunday (9am-4pm)

English and Spanish speaking agents are always available and additional languages are supported through the language line.



#### Find My Spot



#### **Find A Vaccine Location**

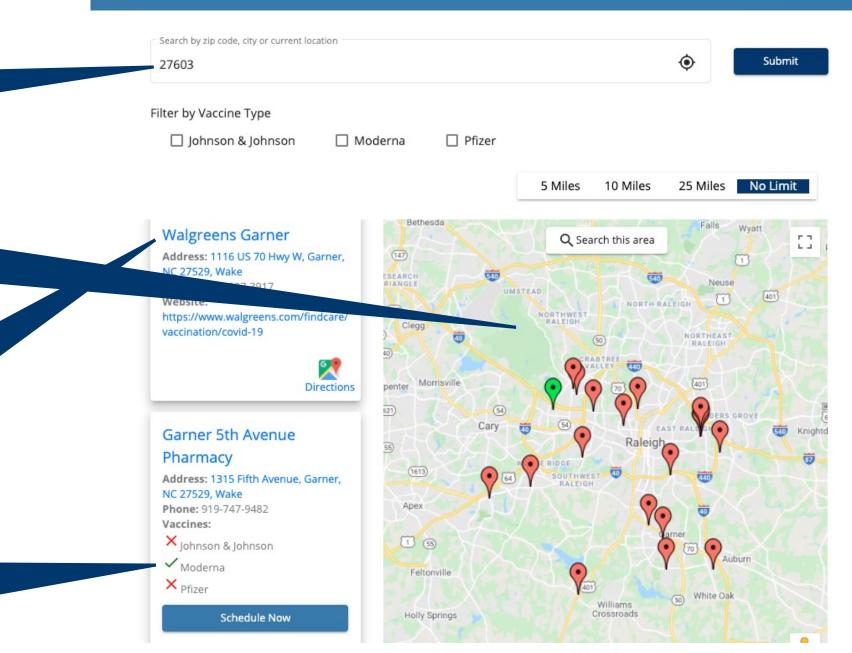
English ~

Enter your zip code, or the name of a town

See a list and map of vaccine providers located near you

Provider listings include phone numbers or websites for scheduling appointments

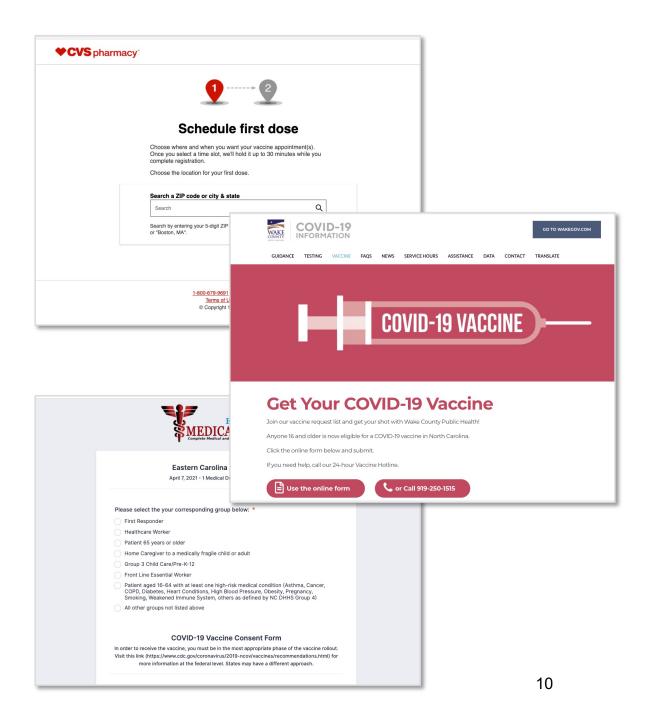
Some vaccine provider listings include which type of vaccine they have available

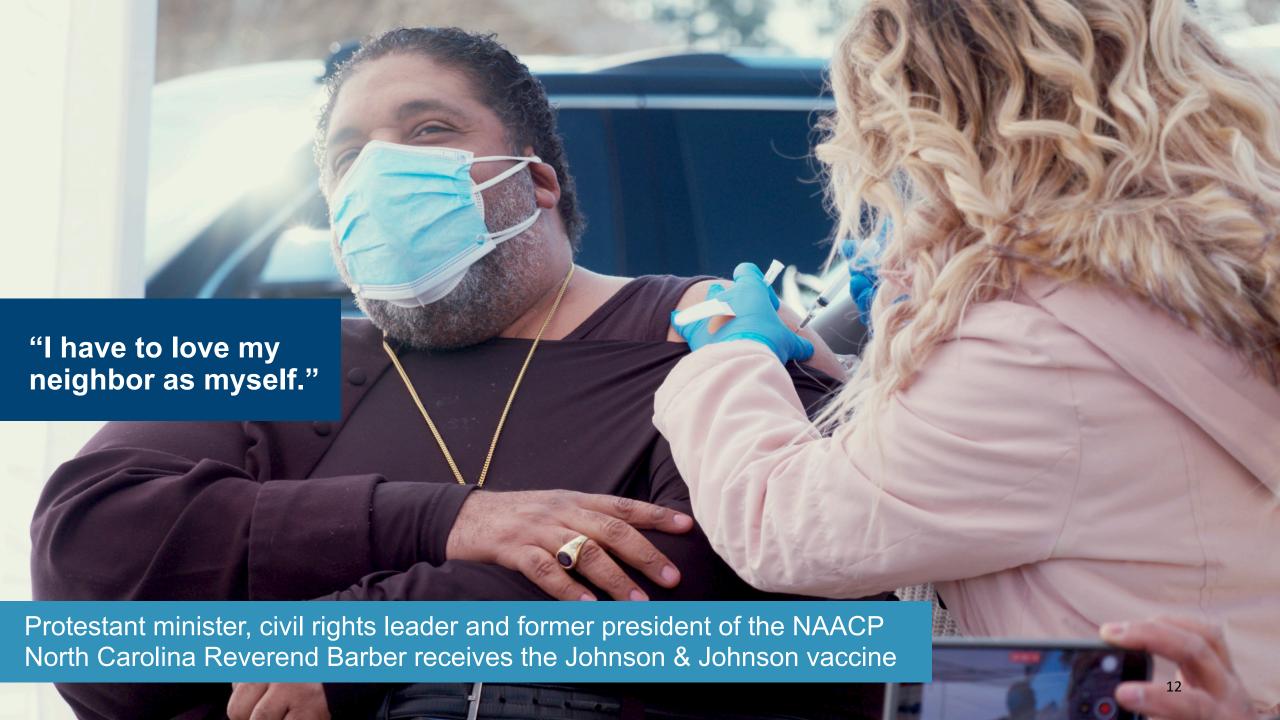


#### Vaccine appointments

Some providers use their own systems to schedule appointments.

Follow the steps indicated by the provider you select to make your appointment.





#### Make a vaccination day checklist

#### **Before Vaccination**

- ☐ Make a plan for how to get there
- ☐ Double-check your appointment time and location
- ☐ If this is dose two, bring your vaccine card

#### **On Vaccination Day**

- ☐ Wear a mask and wait 6 feet away from others
- ☐ Drink fluids and eat something before you go
- ☐ Wear a shirt that allows for access to your shoulder
- ☐ Bring something with your name on it
- ☐ If you have health insurance, bring your insurance card
- ☐ Bring a book or phone, since you will be monitored for 15-30 minutes after your vaccination
- ☐ Schedule your second dose appointment, if needed
- ☐ Bring a phone or camera to capture the moment!



DHHS Secretary Dr. Mandy Cohen receiving her COVID-19 vaccine

## If you need transportation to your appointment, help is available.

- Call your <u>local transit authority</u> for a free ride to your vaccine appointment. You may need to call in advance to schedule a ride.
- Ask your vaccine provider for transportation options. Some have partnered with public transportation or community-based organizations who can provide free rides to vaccine appointments.

### What you will get at your vaccine appointment.

- A fact sheet that tells you more about the specific COVID-19 vaccine you receive.
- A vaccination card that tells you what COVID-19 vaccine you received, the date you received it, and where you received it. Make a back-up of the vaccination card (like taking a photo of it on your phone).
- Ask your vaccine provider about getting started with v-safe, a free, smartphonebased tool that uses text messages and online surveys to provide check-ins after you receive your vaccine.

# You may experience temporary reactions after your vaccination.

- You could have temporary reactions like a sore arm, fever, headache, or feeling tired and achy for a day or two.
- These temporary reactions are a good sign that the vaccine is working and should go away within a few days.
- You can take over-the-counter medicines, such as ibuprofen or acetaminophen, to help with the temporary reactions.

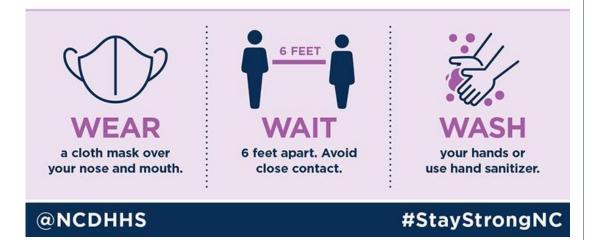
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# Things you can do once you are fully vaccinated—two weeks after your final dose of a COVID-19 vaccine.

- You can gather with other fully vaccinated people indoors without wearing a mask.
- You can gather with unvaccinated people from one other household without wearing a mask, but only if no one from the other household is at high-risk for severe COVID-19 illness.
- You do not need to quarantine or get tested if you have been around someone who has COVID-19, unless you develop COVID-19 symptoms. (If you develop symptoms, you will need to get <u>tested</u> and isolate as soon as possible.)
- You can travel in the United States.

## Keep practicing the 3 Ws until enough of us are protected by the vaccines.

If you leave home, know your 3 Ws!



- Getting the COVID-19 vaccine and following the 3 Ws is everyone's best protection from getting and spreading COVID-19.
- Until enough of us are protected by the vaccines, we need to keep protecting each other. Practice the 3 Ws when in public or visiting with unvaccinated people from multiple households.
- Getting as many people as possible vaccinated to get us back in control of our lives and back to the people and places we love will take some time—encourage others to get vaccinated so we can get there sooner!

### Let's work together to increase the number of people who have been vaccinated across North Carolina. Here are 3 things you can do to help:

- Help direct people to "their spot" for reliable information about the vaccine: Maybe it's
  you, now that you have knowledge about how to access a vaccine.
- Show people that you trust the safety and effectiveness of the vaccines: Share your positive experience when you have your shot against COVID-19—use our tip sheet to create and share your own video to promote vaccination:
   files.nc.gov/covid/documents/vaccines/NC-Vaccine-Selfie-Video-Tip-Sheet.pdf
- Encourage the people around you to get vaccinated so we can all get back to the people and places we love safer and quicker. Direct them to <u>YourSpotYourShot.nc.gov</u> for more information



